Polypharmacy: Manage Medicines

Empowering Professionals & Patients to Make Good Decisions about Medicines

This new digital decision aid from the Scottish Government Effective Prescribing and Therapeutics Division provides two toolkits – one with professional information, one with information and tools for patients and carers

Professionals can download both toolkits to support safe and effective care tailored to the needs of individual patients taking multiple medicines.

Patients and carers can use their toolkit to self-manage and to give them confidence in discussing their medicines with their healthcare professionals .

Healthcare Professionals

❖ Support medicines review remotely or in person.
❖ Put patients' needs at the centre of the review.
❖ Quick and easy access to the national Polypharmacy Guidance:
- ❖ 7-Step process
- ❖ Efficacy data
- ❖ Side effects
- ❖ Case studies

Patients and Carers

❖ Tell your GP or pharmacist about the impact your medicines have on your day to day life
❖ Access trustworthy information about your medicines, including benefits, and how to deal with side-effects
❖ Keep a personal list of your own medicines

Download from http://managemeds.scot.nhs.uk/ or Search the app stores for "Polypharmacy" or "Managing medicines."

Apple

Android

For help and step by step video guides go to the Help section of

http://managemeds.scot.nhs.uk